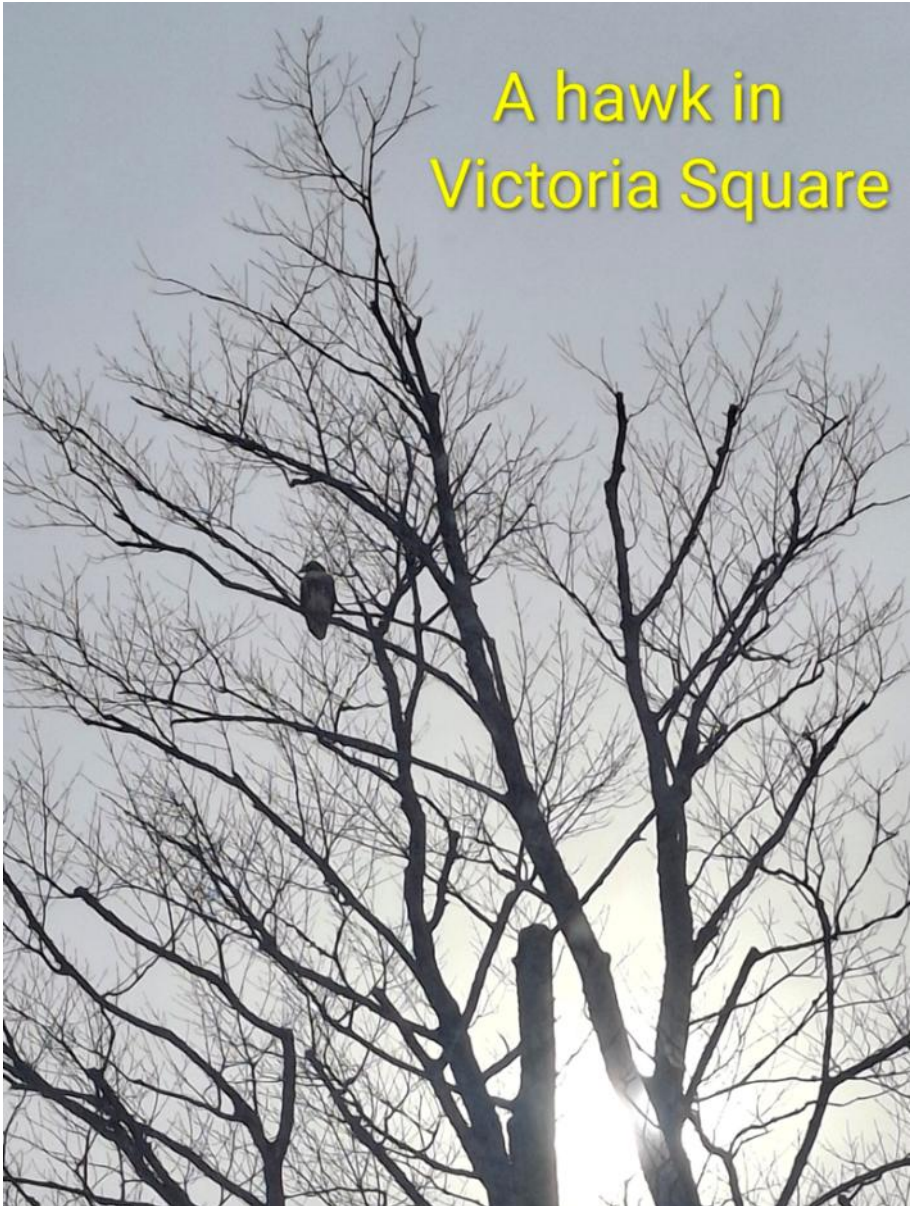


The Reflector

March 2026

Reflecting the life of First Baptist Church Amherst

**A hawk in
Victoria Square**





Dear First Baptist Family,

“Practice makes perfect.” So it is said. I am more than half way through my long series of sermons on Being Christian: Practicing the Faith. The Christian season of Lent can be a special time of trying some new ‘spiritual practices’: some sort of fasting, or prayer, or meditation.

I am also near to half way through my sixteen weeks of training for a special run in May. When one signs up to run a long distance it does not mean you just try running that far every week beforehand. You practice first by running much shorter distances, some quite slowly, some quickly, some a bit of both. You start running farther about once a week, and slowly build that up. You do some exercise that is not running at all. And a couple weeks just before the big run, you take it easier and don’t run so long.

So it is as we care for our souls and do our part to make a difference in this world. We practice for big prayer projects by training with simpler, shorter prayers. We practice giving generously by trying smaller gifts along the way. We learn to meditate in silence with shorter meditative moments, and bit by bit get trained. Sometimes we learn that we are not cut out for certain activities, but for others we are well suited. To be a practicing Christian takes practice.

Having the season of Lent, and Holy Week at the finale of it, is a practice we have together each year. We revisit the same Bible stories and poems, we sing hymns ancient and modern, we celebrate Jesus’ death and resurrection afresh. This year’s schedule of events is the same, but different. Let us keep on keeping on, following the way of Jesus, and building the community He is creating. As He said, ‘I will build my church.’

Yours in Christ,
Rev. Jeff G. White

Holy Week Schedule



ACTIVITIES FOR THE HOLY WEEK

Palm Sunday – March 29

10:30 am *Worship Service* First Baptist

Holy Monday – March 30

12:10 pm *Noon Time Chapel Service* Christ Church
Howard Gotell

Holy Tuesday – March 31

12:10 pm *Noon Time Chapel Service* Christ Church
Jeff White

Holy Wednesday – April 1

12:10 pm *Noon Time Chapel Service* Christ Church
Lorraine Street

Maundy Thursday – April 2

16:00 pm *Noon Time Chapel Service* Christ Church
Susan Gamblin
6:00 pm *Maundy Thursday Service* Trinity-St. Stephen's

Good Friday – April 3

10:00 am *Good Friday Service* First Baptist
11:00 am *Walk With The Cross* Downtown Amherst

Easter Sunday – April 5

7:00 am *Easter Sunrise Service* Victoria Park
10:30 am *Easter Sunday Service* First Baptist



LENTEN JOURNEY

Preparing Our Hearts for Easter

Lenten Prayer Tree: **Prayer cards** are available near the tree. Draw or write your prayer — or share your Giving & Fasting commitment — and hang it on the branches. As the branches fill, they reflect the prayers and love of our church family throughout this Lenten season. All are invited to participate.

INTERACTIVE BULLETINS

Available in the Vestry! All through Lent, Holy Week & Easter! Fun for **all ages!** Each week features new activities that connect with Sunday Scripture and theme. There's space to write words of hope, prayers, and reflections—making worship more personal and shared. Pick up a fresh one each Sunday! Take one for a child or friend, too!

*Join Jeff White
for a weekly study time together.*

Tuesdays, starting April 7

Here are a few options for our plan.
Please vote on the sign-up sheet on the
table under the hooked rug in the Vestry.

- * A book of the Bible: you suggest one
- * Hearing God: Developing a Conversational Relationship with God (6 weeks)
- * Fruit of the Spirit: Rose Visual Bible Studies (6 weeks)
- * Celebration of Discipline; The Path to Spiritual Growth (13 weeks)



Fellowship & Events



World Day of Prayer

Friday, March 6, 2:00 pm

at Christ Church (5 Lawrence St.)

Service thoughtfully prepared by the women of Nigeria, offering a unique global perspective to our worship. All are warmly welcome – everyone is invited!



Congregational Luncheon

Sunday, March 15

Following the morning service

Menu: Chicken Breast, Baked Potatoes & Veggies!

Dessert: Make Your Own Sundae.

Proceeds support the Benevolent Committee.



Ukrainian Easter Egg Decorating

Thursday, March 19 6:00–7:30 pm

Friday, March 20 1:00–3:30 pm



Learn the art of Pysanky, traditional Ukrainian Easter egg decorating. Dye, wax, and create beautiful designs.

- Sign up sheet at Church Office door
- Max 8 people/class

March 2026 at First

Sunday	Monday	Tuesday	Wednesday
<p>1 10:30 am Worship Service</p> <p>Second Sunday in Lent</p>	<p>2 11:00 am Prayer Time 1:00 pm Line Dancing 4:00 pm IODE</p>	<p>3</p> <p>FORTY DAYS PRAYER MERCY REPENTANCE LENT PENANCE FASTING</p> 	<p>4 11:00 Tantramar Colle 4:00 Board</p>
<p>8 10:30 am Worship Service</p> <p>Daylight Savings Time Starts</p> <p>Third Sunday in Lent</p>	<p>9 11:00 am Prayer Time 1:00 pm Line Dancing</p>	<p>10 6:30 pm Board of Management</p>	<p>11 11:00 Tantramar Colle</p>
<p>15 10:30 am Worship Service 12:00 pm Luncheon</p> <p>Fourth Sunday in Lent</p>	<p>16 11:00 am Prayer Time 1:00 pm Line Dancing</p>	<p>17</p> <p>HAPPY St. Patrick's DAY</p> 	<p>18 11:00 Tantramar Colle</p>
<p>22 10:30 am Worship Service</p> <p>Fifth Sunday in Lent</p>	<p>23 11:00 am Prayer Time 1:00 pm Line Dancing</p>	<p>24</p>	<p>25 11:00 Tantramar Colle</p>
<p>29 10:30 am Worship Service</p> 	<p>30 11:00 am Prayer Time 12:10 pm Noon Time Chapel at Christ Church 1:00 pm Line Dancing</p>	<p>31 12:10 pm Noon Time Chapel at Christ Church</p>	<p>1 12:10 Noon Time at Christ 4:00 Board</p>

First Baptist Church

Wednesday	Thursday	Friday	Saturday
<p>10:00 am Seniors' Meeting 7:00 pm of CE</p>	<p>5</p> <p>10:00 am Walk the Red Carpet 7:00 pm Choir Rehearsal</p>	<p>6</p> <p>2:00 pm World Day of Prayer at Christ Church</p>	<p>7</p>
<p>10:00 am Seniors' Meeting 7:00 pm of CE</p>	<p>12</p> <p>10:00 am Walk the Red Carpet 7:00 pm Choir Rehearsal</p>	<p>13</p> 	<p>14</p>
<p>6:00 pm Seniors' Meeting 7:00 pm of CE</p>	<p>19</p> <p>6:00 pm Ukrainian Egg Decorating 7:00 pm Choir Rehearsal</p>	<p>20</p> <p>1:00 pm Ukrainian Egg Decorating</p>	<p>21</p>
<p>10:00 am Seniors' Meeting 7:00 pm of CE</p>	<p>26</p> <p>10:00 am Deacons Meeting 7:00 pm Choir Rehearsal</p>	<p>27</p>	<p>28</p> 
<p>12:10 pm Chapel at Christ Church 6:00 pm Maundy Thursday Service at TSSUC 7:00 pm Choir Rehearsal</p>	<p>2</p> <p>12:10 pm Chapel at Christ Church 6:00 pm Maundy Thursday Service at TSSUC 7:00 pm Choir Rehearsal</p>	<p>3</p> <p>10:00 am Good Friday Service at FBC Office Closed</p>	<p>4</p>

CONNECT & GROW

Church Library: Read a good book lately? As we await the spring thaw, why not **browse the library** here at first? You'll find mystery, adventure, spirituality, history and more. We only ask you return the books when completed so others may enjoy. Some selected books are on **tables in the vestry** each Sunday or check out the **book case in the parlour**. You'll find even more on the racks downstairs off the Ralston Room. Enjoy!



From the Vestry: The winter edition of 'The Bulletin' from the **Canadian Association for Baptist Freedoms** is now available in the Vestry.

Ways to Stay Connected: **Connect with Us* cards (vestry)
*Website: www.firstbaptistamherst.com *Facebook page
*Submit your email to Angela: ambapt@ns.aliantzinc.ca

SERVING TOGETHER

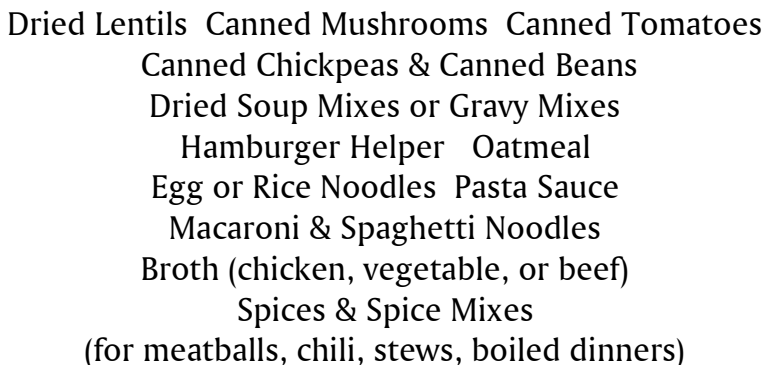
March Volunteers: Communion Clean-up: Bev Curry & Karen Fraser; Flowers: Pat Wilson; Ushering & Offering—Team Two: Marjorie Rushton, Judy Sutherland, Kim Delong, Lloyd Munroe, Ken Embree (Team Leader), Marilyn Munroe, Gordon Jackson, Derek Livingstone.

Coffee + Conversation = Community: We need helping hands to set up, serve, and clean up after worship. Sign up in the Vestry. Let's keep the fellowship (and good coffee!) brewing.

CARE & SUPPORT & COMMUNITY

Prayer Team: A small group will pray for your requests confidentially and confidently. Contact Jeff White by E-mail: jgwhite@ns.aliantzinc.ca or Phone: 902-614-1011

Help Stock the Shelves: Our local Food Bank is in need of the following items. Please drop off donations in the tote marked “Food Bank” located in the Vestry.



Dried Lentils Canned Mushrooms Canned Tomatoes
Canned Chickpeas & Canned Beans
Dried Soup Mixes or Gravy Mixes
Hamburger Helper Oatmeal
Egg or Rice Noodles Pasta Sauce
Macaroni & Spaghetti Noodles
Broth (chicken, vegetable, or beef)
Spices & Spice Mixes
(for meatballs, chili, stews, boiled dinners)

Together, we can make a difference —

OFFERING OPTIONS

You can give in several convenient ways: Pre-Authorized Giving; E-mail Money Transfer; Interac/Debit; Offering Envelopes. For more information, please reach out to Angela at the Church Office!

*Tax receipts are issued for income tax purposes.
Thank you for your faithful generosity
and support of our ministry.*

CBAC Prayer Link

(Canadian Baptists of Atlantic Canada)

March 1: Pray for CBAC's Justice & Advocacy ministry as it encourages faithful engagement with issues of justice, mercy, and compassion. Ask God to shape our hearts and actions so that our witness reflects Christ's love for the vulnerable and marginalized. Pray for courage, wisdom, and humility as churches live out the Gospel in public and personal ways.

March 8: Pray for the Board of Ministerial Standards & Education as it oversees standards, discernment, and credentialing for ministers. Thank God for those responding to God's call to ministry. Ask for wisdom and clarity as candidates and board members seek to discern God's leading.

March 15: Pray for CBAC Connections ministries, that meaningful relationships and supportive partnerships would continue to form. Ask God to use coaching, care, and connection opportunities to bring encouragement and clarity to pastors and leaders. Pray for renewed hope and confidence for those navigating change or challenge.

March 22: Give thanks for the Pension & Benefits Board and those who steward care for ministers and staff. Pray for wisdom, integrity, and foresight as they oversee pensions and benefits. Ask God to provide peace and security for those who have served faithfully in ministry.

March 29: On this Palm Sunday, pray for hearts to be attuned to the humility and faithfulness of Jesus. Ask God to prepare us for Holy Week, that we would reflect deeply on Christ's journey to the cross. Pray that our worship would lead to renewed commitment and trust .



Prayer Time

with *Rev. Jeff*

You're warmly invited to a peaceful and welcoming
time of prayer and connection each week.

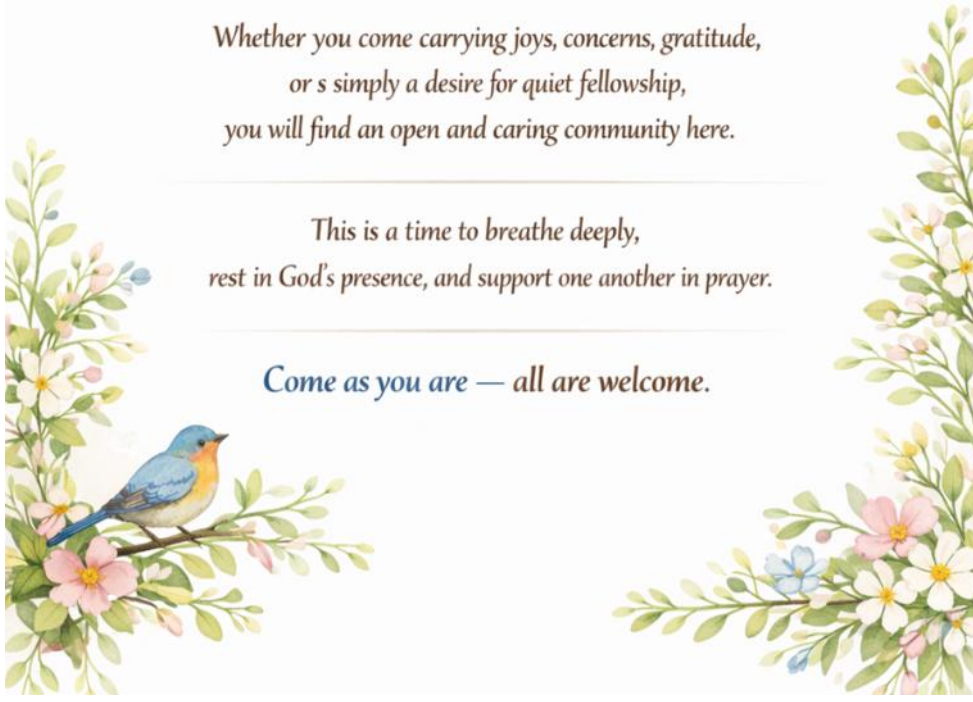
Join us every **Monday at 11:00 am**

for a gentle space to pause, reflect, pray,
and draw closer to God together.

Whether you come carrying joys, concerns, gratitude,
or simply a desire for quiet fellowship,
you will find an open and caring community here.

This is a time to breathe deeply,
rest in God's presence, and support one another in prayer.

Come as you are — all are welcome.





--- **Did You Know?—St. Patrick's Day** ---

- **St. Patrick** was once a captive in Ireland.
- During hardship, he turned deeply to God in prayer.
- **Years later, he returned** — not in fear, but in faith — to share the Gospel.
- He used the three-leaf shamrock to explain the Trinity: Father, Son, and Holy Spirit.

St. Patrick's story reminds us that courageous faith and forgiveness can change lives — even nations.

First Baptist Church Amherst

902-667-2001 www.firstbaptistamherst.com

90 Victoria Street, Amherst, NS B4H 1X6

Worship on Sundays at 10:30 AM

Senior Minister Rev. Jeff G. White, B.Sc, M.Div.

jgwhite@ns.aliantzinc.ca 902-614-1011

Minister of Christian Education Rev. Marlene Quinn

Minister Emeritus Rev. Byron Corkum, B.A., M.Div.

Organist & Choir Director Kevin Dupuis, B.Mus, B.Ed.

Administrative Assistant Angela Marks

ambapt@ns.aliantzinc.ca

Custodian Shauna McCallum